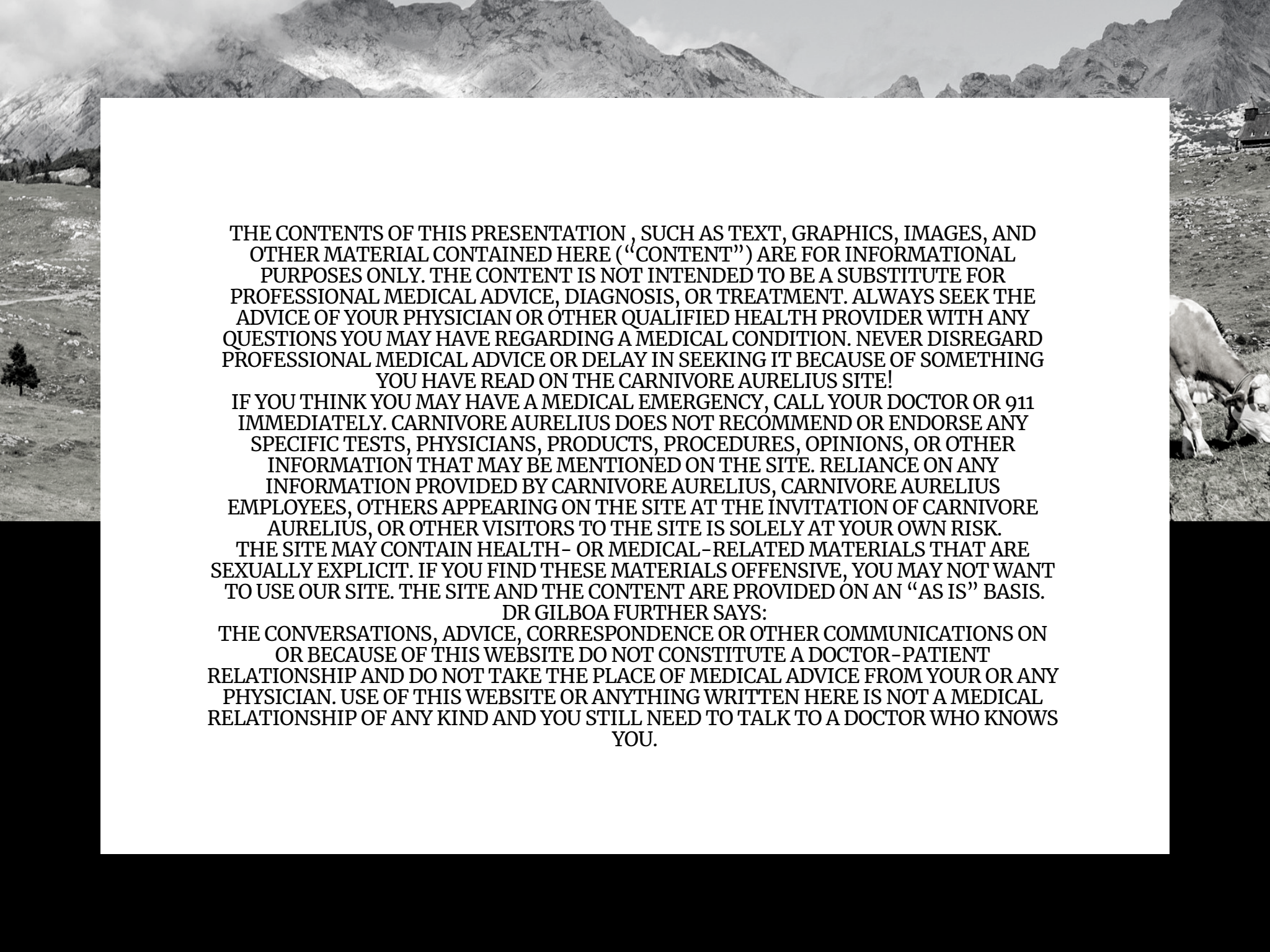




How to Start the Carnivore Diet

Created by Carnivore Aurelius

A black and white photograph of a mountainous landscape. In the foreground, a cow is grazing on grass. The background features rugged mountains under a cloudy sky.

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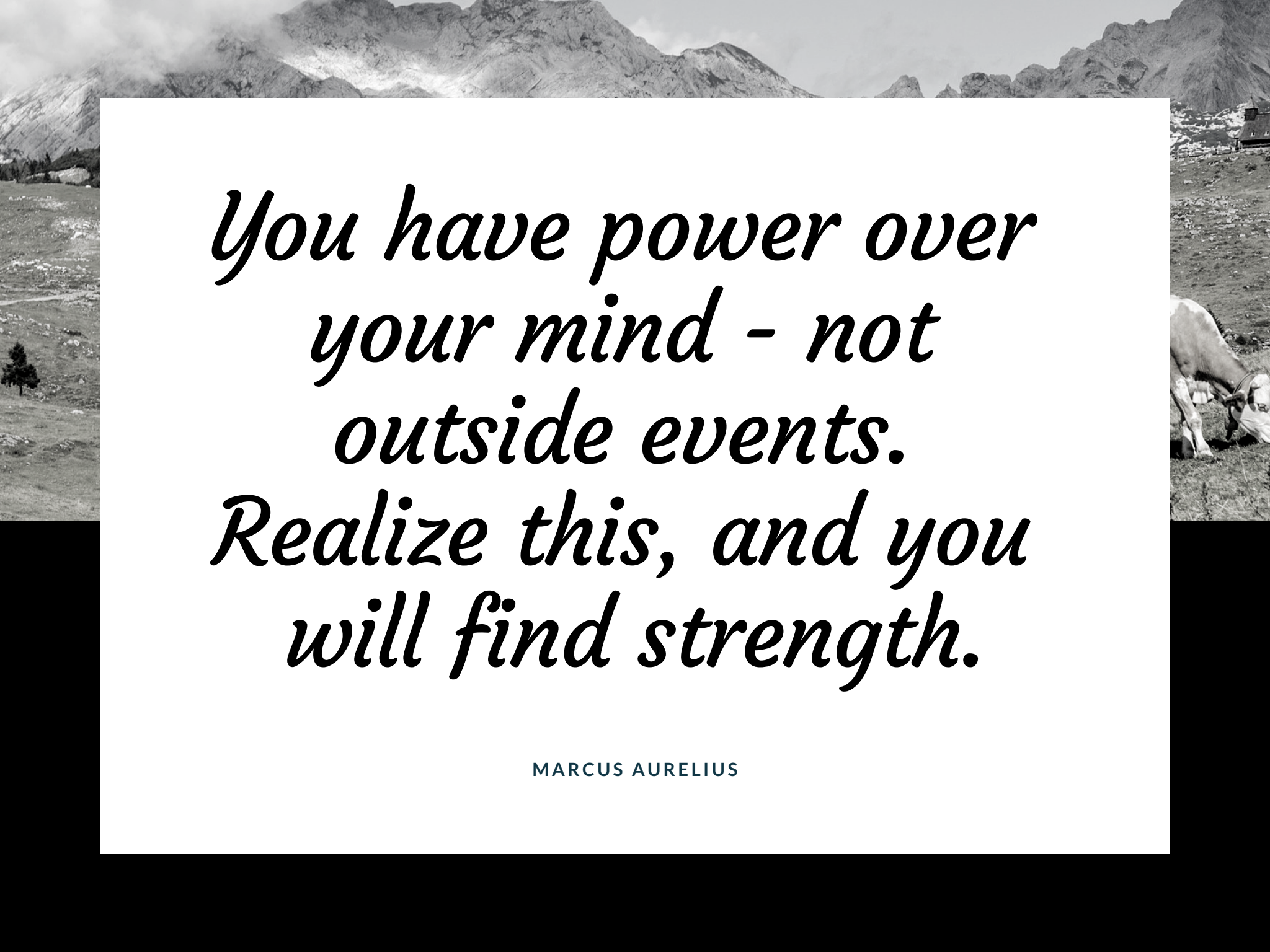
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A black and white photograph of a mountain landscape. In the foreground, a cow is grazing on the grass. The middle ground shows a grassy field with a few small trees. In the background, there are large, rugged mountains under a cloudy sky.

*You have power over
your mind - not
outside events.
Realize this, and you
will find strength.*

MARCUS AURELIUS



Congratulations

MOST PEOPLE DONT MAKE IT THIS FAR...

You actually decided TO BEGIN

**Now let's officially embark on your journey to
heal yourself like I did. Say goodbye to:**

IBS

Acne

Eczema

Autoimmune Issues

Brain Fog



LET'S BEGIN

Before starting...



It can be a big change to move to such an extreme diet.

If you're already doing a ketogenic diet, the transition should be easier. But your body will still be surprised when you cut out the last vegetables and carbohydrates.

If you're on the standard American diet, the process will be harder. But then again, you also have a lot to gain.

The benefits you experience will help to push you through.

Here are some tips that I discovered that will help transition to the diet.

I'm here for you

1) Understand your WHY and COMMIT



Clearly define your reason to try this diet.

This diet isn't for everyone.

If you're reading this, you're probably not someone who can slurp down 2 bowls of pasta and feel fine

Has your weight loss stalled out? Or maybe you suspect you have autoimmune issues? Whatever it is, make sure it's always top of mind.

Then COMMIT. Commit for just 30 days.

For me, the excitement of curing my IBS, eczema, and acne was enough to endure almost anything.

2) Throw Out Tempting Foods



Foods will tempt you. Get Rid of them

Get rid of any foods in your environment that you know will tempt you.

Imagine if you were quitting alcohol, but had a six pack of beer staring you in the face every time you opened the fridge.

This is very similar.

Get rid of your favorite foods. No, don't just hide them. Throw them away.



3) Get Your Blood Work Done

GET A COMPREHENSIVE BLOOD PANEL DONE BEFORE STARTING.

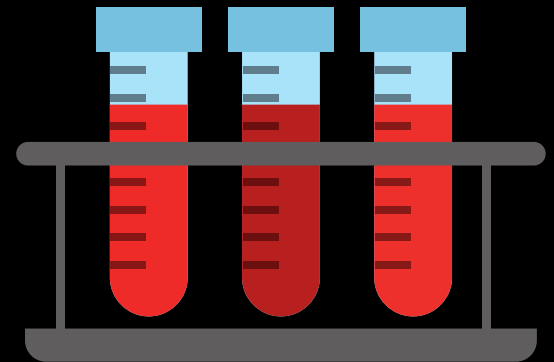
You'll want to do this to track progress. Consider working with a nutritionist

The best way I've found to do this is through an online lab like persona labs

This will cost around \$500

SOME PANELS TO TRACK:

Complete blood count	GGT	T3
Creatinine	LDH	T4
Carbamide	ALP	Vitamin D
Total protein	Total cholesterol	Vitamin B6
Sodium	LDL cholesterol	Vitamin B12
Chloride	Triglyceride	Full Urinary analysis
Potassium	Uric acid	
Magnesium	CRP	
Calcium	ESR	
Glucose	Fibrinogen	
Total bilirubin	Iron	
GOT	Amylase	
GPT	Lipase	
	TSH	



4) Get A Journal And Track The Changes



EYE. ON. THE. PRIZE

This is helpful to understand how energy changes through the course of the diet, especially as you begin to get healthier.



**NOW FOR THE FUN
STUFF...**





5) *What to eat?*

FATTY CUTS OF RUMINANT (GRAZING) ANIMALS

Part of the reason why the carnivore diet works is because it's a radical elimination diet.

You cut out everything that could be irritating you.

Over time, some people add things back.

I'd suggest starting as SIMPLE as possible

CONTINUED...



5) *What to eat?*

RUMINANTS ARE HIGHLY NUTRITIOUS AND HAVE OPTIMAL OMEGA 3: OMEGA 6 RATIOS. EXAMPLES....

Type	Examples
Beef	Steaks, roasts, ground beef
Lamb	Chops, ribs, shank
Pork	Shoulder, pork belly, roasts, chop
Seafood	Salmon, mackerel, trout, cod
Organ Meat	Beef liver, calves liver, brain
Fats	Bone marrow, tallow, beef suet



LET ME EXPLAIN MORE....



5) *What to eat?*

BEEF IS THE OPTIMAL FOOD ON THIS DIET

Beef is highly nutritious, irritates people the least and TASTY

At first, I stuck almost entirely to beef.

BUT...you may get bored. The other foods are examples to add

However, the only thing I'd point out is that (and this is highly contentious)

.....



5) *What to eat?*

YOU SHOULD EAT 400G OF ORGAN MEAT A WEEK

Not everybody agrees...but organs are the best source of Vitamins A, B12, K and Iron. Paleomedicina recommends this too

We can work there though. Maybe not week 1. Before you know it, you'll be CRAVING organs

SOME MORE OPTIMIZATIONS

Eat fat. Lots of it

Eat bone marrow. It's a great source of DHA

Salt foods copiously. This will help with dehydration when transitioning
Consider eating bouillon cubes if you're feeling dehydrated. These are good sources of sodium.

Don't worry about grass-fed or grain-fed meats at first

6) *What to AVOID*



**STICK TO A SIMPLE DIET EARLY ON, SO THAT YOU CAN UNDERSTAND YOUR BASELINE.
DON'T EAT THE FOLLOWING:**

Anything that's not meat or salt.

Vegetable oils.

At first, don't eat chicken. The fat and nutrient profile is inferior to the other options above

Vegetables.

Sauces.

Carbohydrates.

CONTINUED....



6) What to AVOID



Processed meats: They contain too many additives

Look out for nitrates and nitrites, and avoid them.

No dark chocolate at first. Sorry.

Eggs: Eggs, whites especially, have been known to irritate some autoimmune issues. We'll add them back if you're feeling okay after 14 -30 days.

Dairy: Yes, it's an animal product but it's inflammatory for many people

**THE GOAL is to cut out as much as possible,
then do a controlled test by adding back later
to see if you can tolerate it**

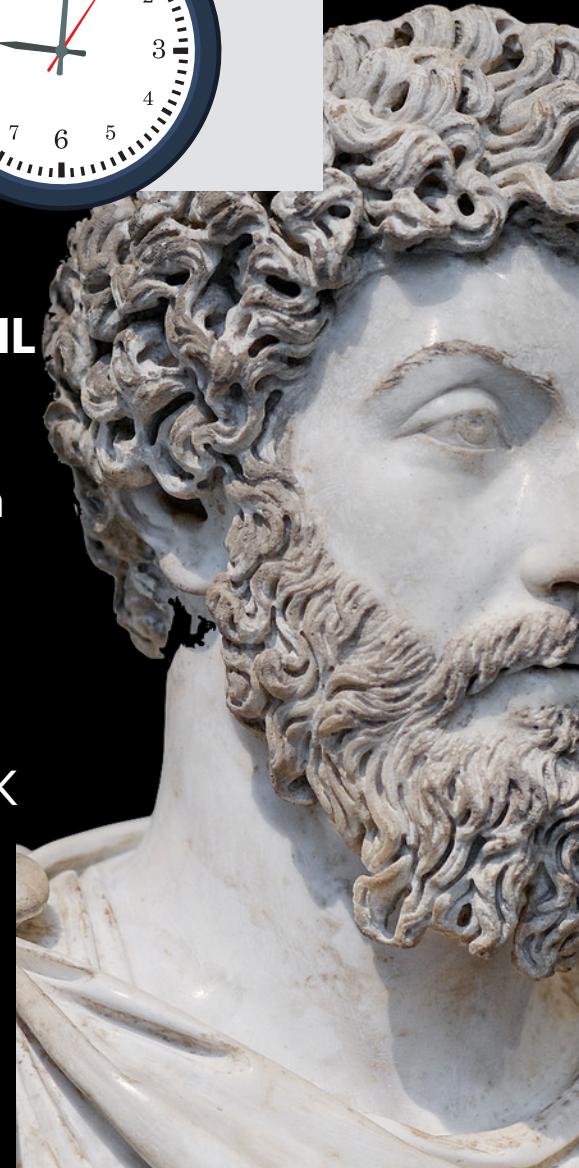
7) *When To Eat?*



EAT WHEN YOU'RE HUNGRY, AS OFTEN AS YOU LIKE UNTIL YOU FEEL FULL.

Over time, you'll probably find that you only need 1 to 2 meals a day. But experiment with this later on.

I am a proponent of intermittent fasting. In addition to lowering insulin (which you already do on this diet), it activates the AMPK pathway and downregulates MTOR





8) How much to eat?

THROW YOUR CALORIE COUNTER AWAY WITH THE VEGGIES

Eat until you're full.

The only tip that was helpful for me is to eat sufficient fat. Getting to 80% of calories for fat improved my satiation and energy.

Most people end up eating 1-2lbs of meat a day. Mine was much higher with lower fat, and vice versa



9) *What About Coffee And Tea?*

Some carnivores still drink coffee, but both tea and coffee have shown to cause some gut permeability issues.

If I were you, I'd go cold turkey at first then add them back after a month.

DON'T GO COLD TURKEY RIGHT AWAY IF YOU'RE ADDICTED THOUGH. But try transitioning out



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10) Prepare for social lashback

YOUR FRIENDS WILL CHALLENGE YOU AT FIRST

One of the hardest parts of this diet will be social situations. People will feel the need to jump down your throat.

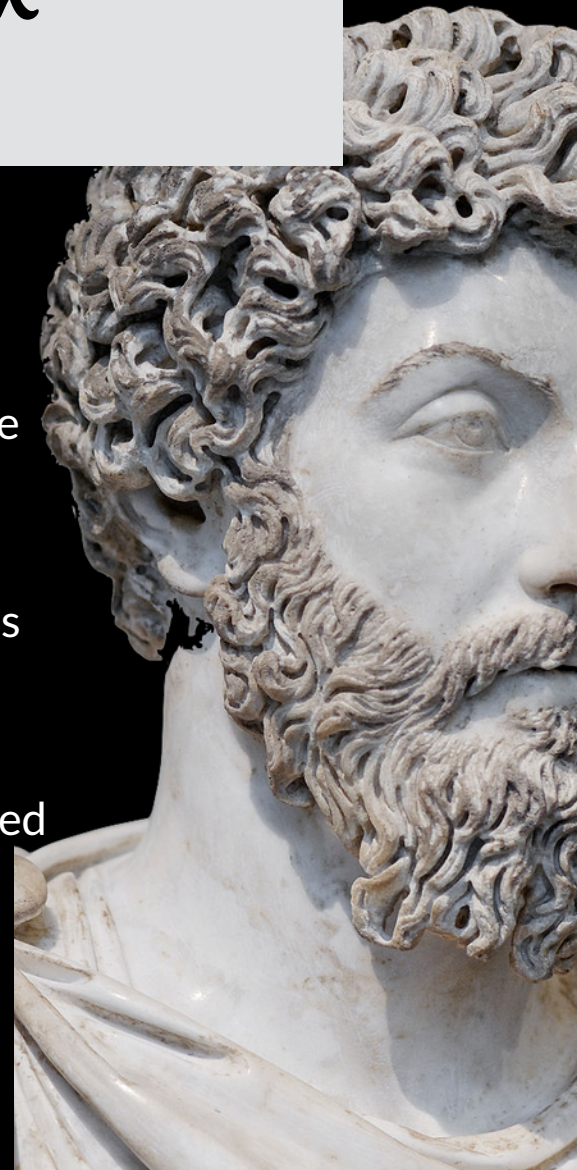
The last thing I wanted to do was talk about my diet, but sometimes it's hard to avoid when you're eating a meal that's so different

If you eat with your parents or significant other, they will be terrified for your poor arteries. Expect some concern.

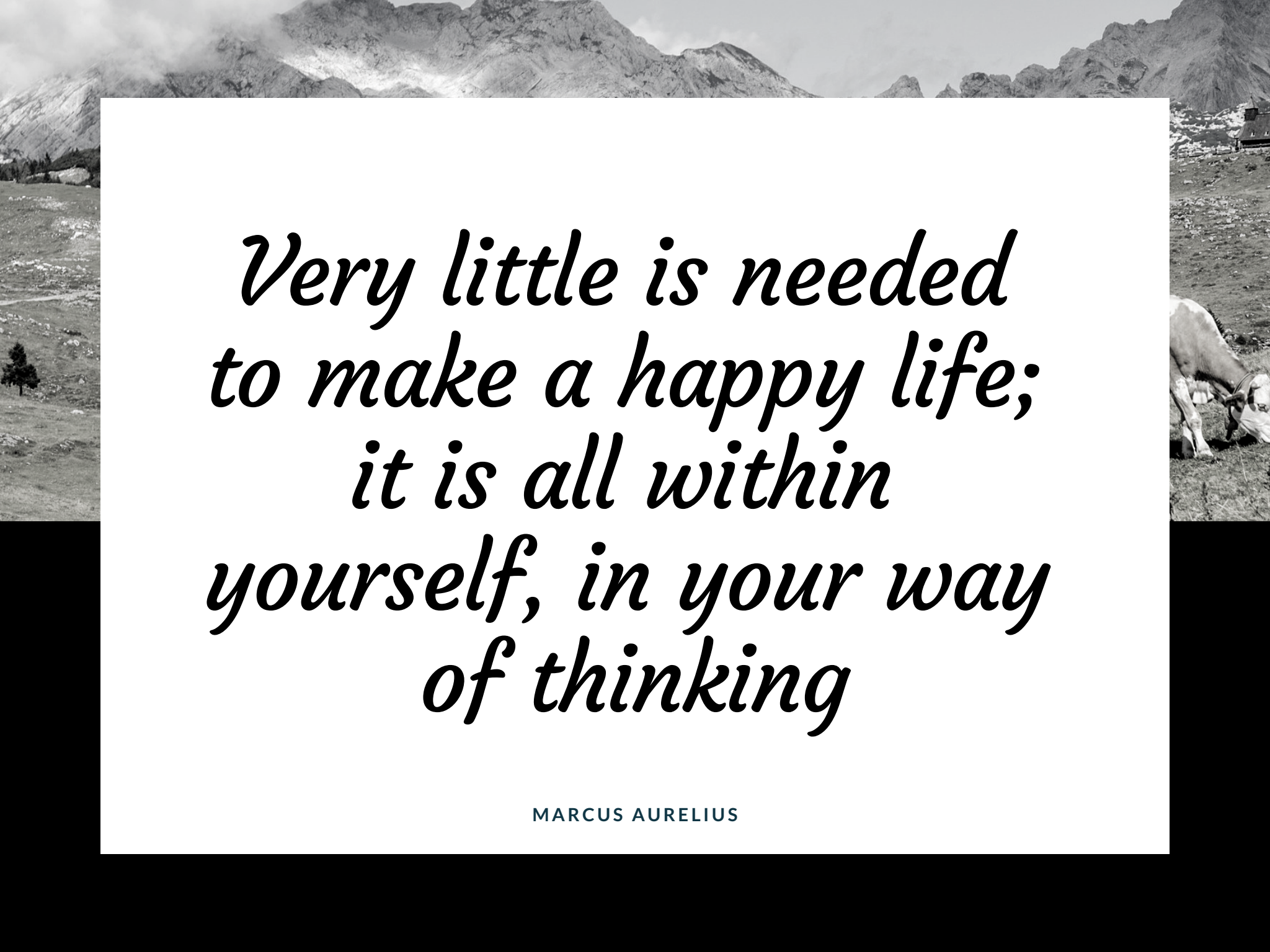
I'VE FOUND THAT TWO THINGS WORK WELL:

Say that you're running an experiment

Mention that you're allergic / gluten free



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A black and white photograph of a mountain landscape. In the foreground, a cow is grazing on grass. In the background, there are rugged mountains under a cloudy sky. The image is used as a background for a quote.

*Very little is needed
to make a happy life;
it is all within
yourself, in your way
of thinking*

MARCUS AURELIUS

MEAL PLAN, SHOPPING LIST & COST

WEEK 1 MEAL PLAN

These are suggestions. You don't need to follow this to a tee, but the general framework should be followed. The goal is to get to mostly beef and organ meats + bone marrow 2x a week

THIS WEEK IS AN ADAPTATION PERIOD:

Less beef than ideal

No organ meats just yet...

No bone marrow

More fish and pork to add variety

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Lunch	Beef steak: try the reverse sear	Roasted pork belly	Roasted lamb chops	Roasted fatty fish with tallow or butter	Ground beef (80/20 or 85/15)	Roasted pork chop	Beef steak
Dinner	Roasted fatty fish with tallow or butter	Ground beef (80/20 or 85/15)	Seared beef steak	Beef steak in slow cooker for 4 hours	Chuck roast	Roasted fatty fish with tallow or butter	Beef steak

Meal Plan by Carnivore Aurelius

WEEK 2 MEAL PLAN

TRANSITION TO STEADY STATE DIET...THE REAL STUFF!

Adding organ meats: great source of Vitamins B, K, A and Iron

Adding bone marrow: great source of fat and DHA (omega 3)

You'll eat less bone marrow and beef liver per meal because they're more satiating

More beef, less fish and less pork (higher in omega 6)

Hopefully you have much more energy this week

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Lunch	Beef steak: try the reverse sear	Ground beef	Ground beef + 200g beef liver	Beef Steak	Bone marrow	Beef steak	Beef steak slow cooked
Dinner	Beef steak + 200g beef liver	Bone marrow	Roasted fatty fish with tallow or butter	Ribs with tallow	Chuck roast	Ground beef	Beef steak

Meal Plan by Carnivore Aurelius



Week 1 Shopping List

BEHIND THE CURTAINS: HOW I SHOP

This table calculates the meals per week, multiplied by the lbs per meal, to get the total lbs to buy in the right hand column

Food	Meals	Lbs per Meal	Total Lbs to Buy
Beef Steak	4	1	4
Salmon	3	1	3
Pork Belly	1	1	1
Lamb Chops	1	1	1
Ground beef	2	1	2
Chuck roast	1	1	1
Pork Chop	1	1	1



Week 2 Shopping List

Food	Meals	Lbs per Meal	Total Lbs to Buy
Beef Steak	6	1	6
Cod	1	1	1
Beef liver: eat less	2	0.4	0.8
Bone marrow: eat less	2	0.5	1
Ground Beef	3	1	3
Ribs	1	1	1
Chuck Roast	1	1	1



Other shopping to do

OTHER INGREDIENTS & COOKING GEAR

Item	Amount	Notes
Tallow	2 lbs	Lasts 50 meals or so. Buy online
Salt	1 lb	Lasts 2+ months

Cooking gear

Item	Amount
Cast Iron Skillet	1
Glass tupperware	6-8
Cutting board	2
Knife set	1

Where to shop for meat



LOCALLY

Local grocery store or butchers shop

Farmers market

Chain: trader joes, whole foods, Costco



ONLINE

Slankers

Us wellness meats

Butchers box



How to do this on a budget

**YOU DON'T NEED TO BE A ROCKEFELLER TO DO THIS DIET.
SOME TIPS:**

Hunt on your own...kidding

Eat your parents food :)

Look for sales and buy in bulk

Buy cheaper cuts of meat. Don't go for the ribeyes for example

Eat ground beef and chuck roast

Don't worry about grass fed meats

Eat eggs if you can tolerate them. You can buy in bulk for cheap

Shop at cheaper grocery markets like costco

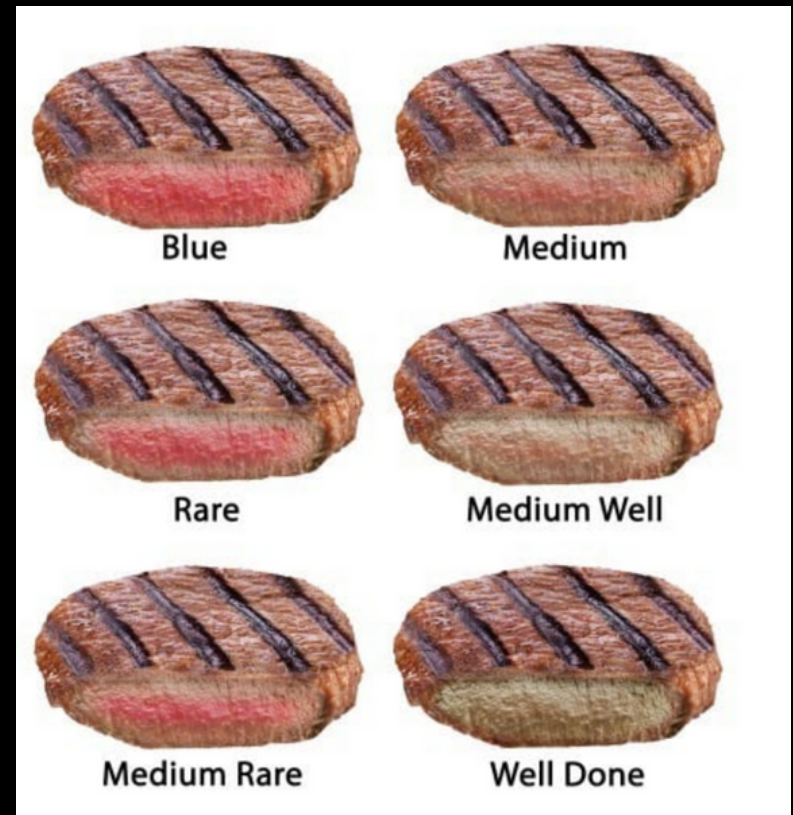


How to cook your meat

MANY OPTIONS: COOK TO YOUR OWN TASTE

Some carnivores eat raw because it helps them with digestion and nutrient uptake...that's for week 3

Kidding...eat it however you like





Some other recipes to try

IN ANY OF THESE, CUT OUT THE NON CARNIVORE ITEMS OR THOSE YOU'RE SENSITIVE TO

<https://www.wholesomeyum.com/recipes/bacon-crusted-chicken/>

http://www.genaw.com/lowcarb/white_castle_hamburger_pie.html

<https://www.pinterest.com/pin/105342078763132462/>



You've got this.

You're about to change your life. Don't quit.

Most people quit before seeing the benefits

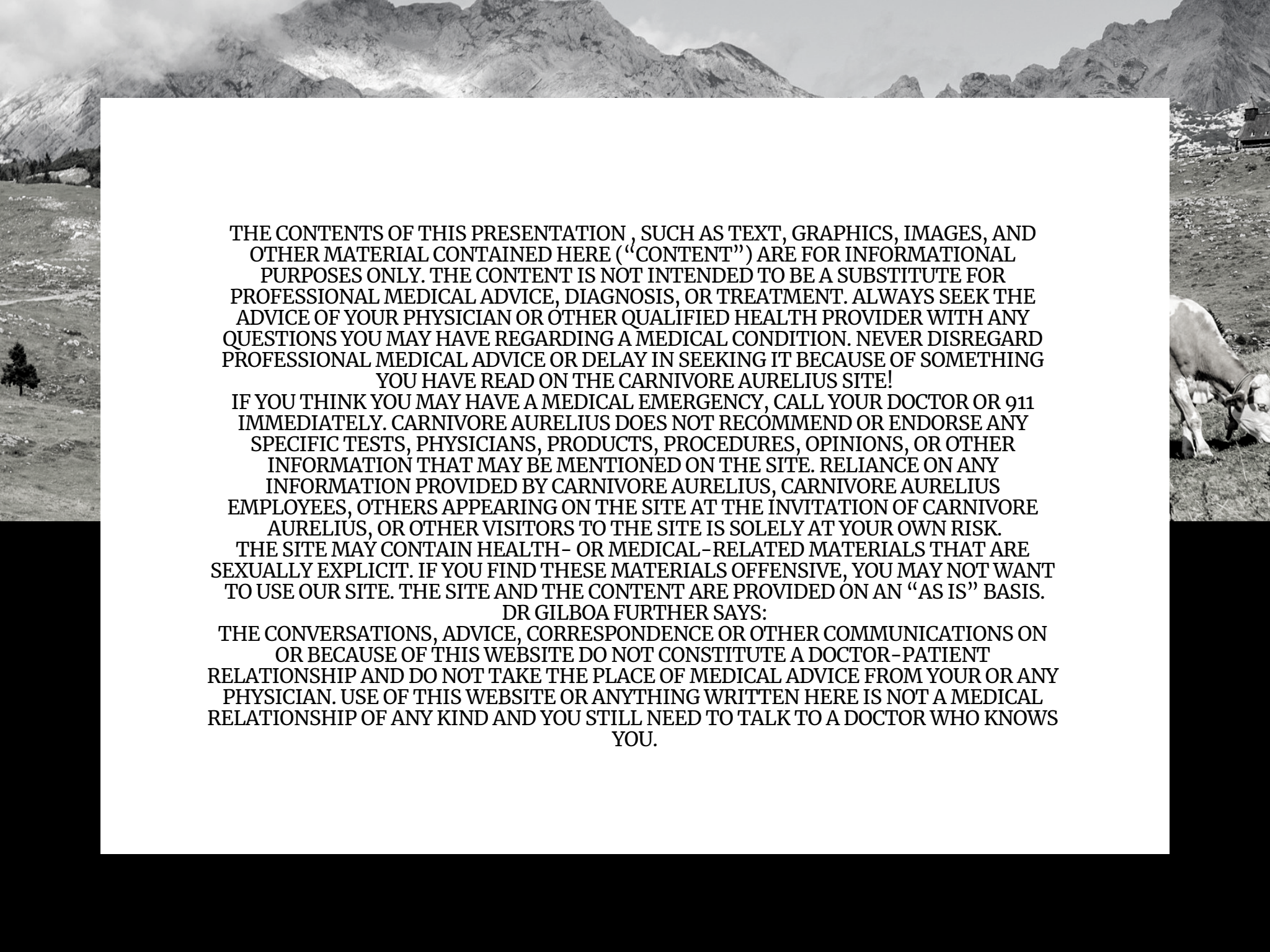
Stick to it.

Reach out with any questions at all

I'm here to help



GUIDE BY CARNIVORE AURELIUS

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